



Spotlight on sexualized violence

UNREPORTED

Ghomeshi trial could shed light on Nova Scotia's troubling stats



Yvette d'Entremont
Metro | Halifax

The executive director of a Halifax sexual assault centre believes the intense national media attention surrounding the Jian Ghomeshi trial could shed light on the issue of sexualized violence in Nova Scotia.

"Nova Scotia has one of the highest rates of sexualized violence per capita in the country," Avalon Sexual Assault Centre's Jackie Stevens said Monday. "And we have some of the lowest reporting, charge and conviction rates of sexual assault in the country."

Although people are getting a better sense of the issues surrounding sexualized violence and its impacts, Stevens said, there's still a lot of work to do.

"Oftentimes we get asked, Is it really a problem?" she said. "I think up until the last couple of years here, particularly in the HRM and in Nova Scotia, people didn't understand how big of an issue sexualized violence is."

In Canada, 88 per cent of sexual assaults go unreported, Stevens said. One in three women are sexually assaulted or sexually abused in their lifetime, and it's estimated that a sexual assault occurs every 17



Jian Ghomeshi arrives at court in Toronto on Monday. TORSTAR NEWS SERVICE

minutes.

"If you think about that compared to 88 per cent of sexual assaults going unreported, it does give us a sense of how staggering this is," Stevens said.

Stevens cautions that although the Ghomeshi trial is putting a much-needed spotlight on the issue of sexual as-

sault, it could also have negative impacts.

"For some people there will be this validation of the fact that the issue of sexualized violence is being named and addressed and is taken seriously before the courts," she said.

"But certainly, in terms of the information that might come

out or how it may come out, that could be re-triggering for the individuals involved in the case, as well as for other people who have experienced sexualized violence."

Elaine Craig, a law professor at Dalhousie University, said from a legal perspective, there are "modest steps" that can

be taken to improve the trial experience for sexual assault victims.

"We could provide sexual assault complainants with state-supported lawyers to help prepare them for trial. We could impose ethical obligations on defence lawyers not to intentionally invoke outdated stereo-

types," Craig said Monday.

"We could ensure that trial judges are properly supported by appellate courts when they do try to intervene to limit unnecessarily aggressive cross-examination of vulnerable sexual assault complainants."

The sexual assault trial of Ghomeshi, former host of CBC Radio's Q, began in Toronto on Monday. He has pleaded not guilty to four counts of sexual assault and one count of overcoming resistance by choking.

More coverage, pages 6 & 8

30%

Statistics provided on the Avalon Centre's website show that in 2007 **only 30 per cent of reported sexual assaults in Nova Scotia resulted in charges laid.** This was the lowest of all provinces and territories. The national average was 42 per cent.

1 in 3


A 2015 survey commissioned by the Canadian Women's Foundation suggested that **only one in three Canadians know what sexual consent means.**



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Firefighters check the premises after extinguishing a house fire in Cole Harbour in this 2013 file photo. JEFF HARPER/METRO

Hot job gets over 2,000 applicants

CAREERS

Halifax Fire to recruit 32 firefighters in coming years



Zane Woodford
Metro | Halifax

More than 2,000 people threw their names in the helmet for Halifax Fire's latest recruitment drive.

Halifax Fire said Monday it received 2,110 applications before its Jan. 30 deadline.

"We were in the zone of

what we expected," executive fire officer Phil McNulty said Monday.

"It's a great career," he said. "We've been in the press a lot lately, so I think it's more in the front of people's minds; we haven't gone out for a recruitment call in a number of years, so it's been a while; and there's a lot of people from Nova Scotia who live away and I think they'd love the opportunity to come home, so I think that was some of the increased interest as well."

The last recruitment drive was in 2007, and McNulty said the organization just finished working through those applicants.

It will be 2018 before it's done working through this list.

There are 16 vacancies in the fire department and, with council's recent direction to increase fire staffing, 32 additional firefighters will be hired in coming years.

McNulty said this recruitment push would have happened anyway, but added it's "refreshing" to be able to hire so many new firefighters.

"Given council's direction, it's empowered us to hire even more firefighters, and that makes this competition even more valid, if you will, and for the people applying and going through the process,

their chances of success are greater because we're going to need more people at the end," he said.

That doesn't mean it's going to be easy to get the job, though.

Halifax Fire will begin whittling down the list right away. Aptitude tests, starting in two weeks, will narrow down the field to 150 candidates. Those 150 will be narrowed down to 100 from the fitness tests taking place after that, and the interview stage will happen over the summer.

McNulty said those interviews — conducted in front of a panel — are ultimately the most important part of

+ WHAT IT TAKES TO FIGHT FIRES

Firefighting is a physically demanding career, but what exactly does it take? Here are just some of the physical requirements:

■ **Aerobics:** Applicants take a shuttle run test, "following a progressively faster pacing over a 20-metre course."

■ Claustrophobia test

Applicants are blindfolded, locked in a confined space and asked to count the number of bolts and washers sticking out of the wall.

■ **Victim drag:** Applicants drag a dummy weighing nearly 100 kilograms for 15 metres, while weaving in and out of traffic cones.

the process.

"The most critical piece for us is to make sure that these folks are a good fit for our organization, and they share the

values that we share," he said.

By September, McNulty said he hopes to have a pool of 48 qualified candidates, and 16 of them will begin their training.

ANIMAL ABUSE

Dog on the mend after being brutally kicked



Yvette d'Entremont
Metro | Halifax

A dog that was repeatedly kicked in his genitals until he urinated blood is expected to make a full recovery.

Annette Armitage with the Halifax-based Animal Rescue Coalition (ARC) said the dog now being called King Edward was

surrendered to animal control last week.

"We originally thought he had (testicular) cancer, but no — the vet determined he was probably booted repeatedly in the privates area," Armitage said Monday.

"They still have to express his penis on a regular basis because of the fluid buildup."

The dog's genital area is still very swollen and he occasion-

ally winces while playing, but overall he's doing well. Armitage said cases like this highlight an issue that has always existed but has been brought to the forefront thanks to social media.

"I don't know if there's any more animal abuse than there ever was, but with the engagement of social media and with more public awareness, we're hearing about these more," she said.

Armitage said whoever surrendered the dog told animal control he was a stray. Although they'd like to find and charge the person who abused King Edward, she said, statistics aren't on their side.

"If it was possible to charge somebody that would be great but we know our province and our court system with animal charges is very rare," she said. "There have only been two life-

time bans in Nova Scotia for owning an animal."

Due to the nature of King Edward's injuries he's still being fostered with a veterinarian. When he no longer requires regular vet care he'll go to a foster home before being put up for adoption through ARC.

"This little guy ... you would think he would be terrified and distrustful of humans, but he loves everyone," she said.



King Edward HANDOUT

Shop meets need for weed

MEDICAL MARIJUANA

Dispensary serving up Tasty Buds in Cole Harbour



Zane Woodford
Metro | Halifax

At the municipality's newest medical marijuana dispensary, a mixture of Nova Scotia-themed and marijuana-themed art hangs on the walls, and the faint smell of fresh cannabis fills the air.

Patients sit in a waiting room that looks a lot like the one at the dentist's office. When it's their turn, they go to the back of the dispensary, and pick from a selection of different strains of dried marijuana, hash, and edibles like marijuana-infused peanut butter cups and suckers.

Tasty Buds on Cole Harbour Road opened its doors Monday morning, and business was immediately steady.

"I just thought there was



Mal McMeekin, owner of Tasty Buds, measures out some marijuana in Cole Harbour on Monday.

JEFF HARPER/METRO

a need for it, and the current system we have now just isn't providing what patients need," said owner Mal McMeekin on Monday.

Before the system changed in 2014, patients had choices: they could grow their own mari-

juana, have a licensed producer grow it for them, or buy it from Health Canada for \$5 a gram.

Now, patients have to buy their marijuana from licensed corporations, typically by mail order.

McMeekin likens that to buy-

ing a T-shirt online: It might not fit, but if you go to a store, you can try it on, and you know what you're getting.

"It's a tangible item: You can see it, you can touch it, you can smell it, you can see if it's what you actually want and if

it's gonna help you out properly," he said.

McMeekin's product is grown by someone who had a licence before the rules changed, and was grandfathered in.

But while the marijuana is grown legally, that doesn't quite make McMeekin's operation legal. "We're in a grey area," he said.

"We feel that we're filling a void, and we're really helping people out, and if consequences come our way, then they do."

For Farm Assists — a dispensary on Gottingen Street — those consequences have been a couple of raids and arrests for the owners.

McMeekin thinks his shop is a little different. Tasty Buds, he said, is more like a pharmacy, while at Farm Assists, patients also use their medication. At Tasty Buds, you come in, get your medicine, and use it at home.

In the absence of any guidelines for Halifax, McMeekin is following a set implemented in Vancouver. That means strict security, and he'll only be selling to people with licences, and not to minors.

NOVA SCOTIA POWER

Outage affects 67,000

Some Nova Scotians could be in the dark until Tuesday after heavy snow knocked out electricity to about 67,000 customers over the weekend, the province's electric utility said Monday.

Nova Scotia Power said crews were tackling smaller areas and individual outages with the goal of having power restored by the end of the day Monday.

However, it said outages in the hardest-hit areas of the province could take longer.

Paul Casey, senior director of transmission and distribution, apologized to customers in a news release.

"It's Monday morning and with the return of the work week, we know this is a disruption to the lives of our customers," he said.

"Our crews are at full strength along with over 100 contract crews, plus there are hundreds more employees working behind the scenes and we won't rest until your power is back on."

THE CANADIAN PRESS

Rudolph Dwarf Rabbit

We believe Rudolph to be around one year old. This dear boy was significantly underweight and infested with fleas when he came into our care. He had lived in a home with a cat so may adjust to a new environment with a friendly feline. Rudolph would prefer a calmer house with no dogs as he is used to a quiet lifestyle. He enjoys being carried in a pouch to be close to the ones he loves. He is currently learning how to properly use a litter box and would need ongoing training with this. **If interested in this sweet little furry friend, please stop by the shelter to meet him!**



For more information on Rudolph and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Racism inquiry begins

SAINT MARY'S UNIVERSITY

Former prof takes stand in human rights case probe



Haley Ryan
Metro | Halifax

A former Saint Mary's University (SMU) professor said her first thought after being told an unusual second vote would be needed on the job she applied for was, "Why me?"

Radha Koilpillai of Halifax took the stand Monday as an independent Nova Scotia human rights board of inquiry began against SMU.

Koilpillai said she was discriminated against based on her race in a 2012 job selection process, where she applied for a full-time lecture stream position in the department of management's commerce faculty.

"I felt I really fitted the bill," Koilpillai said about the position, which meant full-time handling of the Introduction to Business Management course she said she'd taught on a part-time and session basis since 2003.

After growing up, attending university and working in India, Koilpillai moved to Halifax in 1989 and took a masters of business administration at SMU, before starting to teach part-time in the management department in 2003.

When the lecture position was posted in February 2012, Koilpillai said she "checked off" all requirements of having an MBA, and demonstrated excellence in teaching and service.

"This was just perfect. I loved teaching, I don't have a



Radha Koilpillai says she was discriminated against based on her race in a 2012 job selection process at SMU. METRO

PhD so I could never get a tenure position," Koilpillai said.

The ad said SMU was committed to employment equity, which Koilpillai said "meant a lot" to her since she felt she'd be preferred as a visible minority if it came to her and an equal candidate.

She was alerted in the fall as being short-listed with three other candidates, Koilpillai said, and had a mock lecture in front of department faculty and panel interview on Nov. 20, 2012.

Koilpillai heard Dec. 14 the management department had voted on awarding the position, and it came out equal-



My first reaction was, 'Why me? Why in my case ... am I being singled out?' Radha Koilpillai

ly between her and another man from Calgary. She said she hoped she'd be preferred above him on an equity basis.

Then, Koilpillai said she looked up the clause on equity hiring in SMU's collective agreement while on the phone with Prof. Patricia Fitzgerald, who spotted a clause saying when two job candidates are equal, preference is given to part-time staff.

Koilpillai said she was "extremely hopeful" the decision

would land in her favour with two clauses, but then heard from department chair Russel Summers that he was sending an email vote to faculty who weren't at the original meeting — a move Koilpillai said was unusual since full-time staff were hired "many, many times" in a vote when faculty were missing.

"My first reaction was, 'Why me? Why in my case ... am I being singled out?'" Koilpillai said. "I just couldn't under-

stand."

Koilpillai originally filed the complaint against two individuals, the Saint Mary's University Faculty Association (SMUFA) and the university itself, but an investigator only upheld the allegations against the school.

"The faculty union is an intervenor in the case and agrees that there was no discrimination in the hiring process," SMU vice-president of external affairs Margaret Murphy said in a statement.

The board of inquiry, headed by independent chair Dennis James, has three weeks set aside for the hearing.

CAPE BRETON

Prison failed son: Dad

The grieving father of a man who died in a Cape Breton prison cell is questioning why his son wasn't taken to hospital for a medical check when admitted to the facility despite a background of serious drug addiction.

Ernest LeBlanc, 65, of Sydney Mines, says his son Ernest Jason Marcel LeBlanc, died in the Cape Breton Correctional Centre cell early Sunday morning after being admitted on Saturday evening.

"If my son had been taken to the hospital with his history of drug addiction ... he might have lived today," said the father Monday.

He says that Jason was in and out of drug rehabilitation programs and had been at a halfway house on day parole after pleading guilty to possession for the purpose of drug trafficking.

The retired construction worker said his son had worked in the western oil industry, commuting back and forth across the country, and had tried unsuccessfully to treat his addiction.

He said Jason was sentenced to 18 months in jail last year and was on day parole as of Jan. 14.

The father said his son was at the family home on Friday, went to visit some friends that evening, and was unable to get back to the residential centre by curfew due to a winter storm.

Ernest LeBlanc said Jason returned to the halfway house the next day, but was arrested for allegedly violating his parole conditions. He said correctional officials told him his son was asked if he'd taken drugs but wasn't taken to hospital for a medical check upon arriving at the facility on Saturday evening.

The father said that he hasn't received the results of an autopsy yet, but he believes a hospital visit was called for.

THE CANADIAN PRESS

HALIFAX HARBOUR

Name our ferry



Yvette d'Entremont
Metro | Halifax

You have two weeks to help name Halifax's newest replacement harbour ferry.

Of more than 200 potential ferry names submitted by residents last fall, Halifax Transit and the HRM have narrowed it down to the following Top 5 contenders. Online voting closes end of the day Feb. 15:

1. Pte. John Curwin, killed in 2008 when his vehicle struck an

improvised explosive near Kandahar City, Afghanistan.

2. Vincent Coleman, who lost his life in 1917 during the events of the Halifax Explosion when he stayed behind to warn an inbound train about the impending explosion.

3. Viola Desmond, who in 1946 unknowingly sat in the "whites only" section of a movie theatre that practised segregation. Her story highlighted the need to address segregation in Canada.

4. Maj. Gavin Rainnie, who gave his life in defence of his



New harbour ferry METRO FILE

country on D-Day, Jun. 6, 1944, at Juno Beach.

5. Ron Wallace, who served as an MLA from 1970-1978 and as the City of Halifax's longest serving mayor from 1980-1991.

The name with the most votes will adorn the new ferry, subject to final approval by Transport Canada. To vote and to read more, visit halifax.ca/surveys.

IN BRIEF

Beware of credit-card scam phone calls, police say

Halifax police are warning the public about a new telephone scam.

They've received reports about "a man with an East Indian accent" calling people posing as a representative of "a well-known credit card company."

They say he calls early in the morning, tells people their cards have been compromised, and asks for their card number to confirm. They say he is "very persistent" in trying to get

the card number.

Police say the calls are not legitimate, and urge anyone who receives one to contact their credit card company or bank and the police. METRO

Teen accused of threatening student with air gun

A 14-year-old boy is facing several weapons charges after allegedly pointing a gun at a fellow Dartmouth Junior High School student.

According to Halifax Regional Police, on Jan. 28, between 3 and 3:30 p.m., the teen aimed the gun at a girl while the two students

were walking on a path near Ellenville Junior High School on Belle Vista Drive.

On Jan. 29, police got a call about a student possessing weapons. Officers took the same teen into custody and seized two knives and an air soft gun from him. It is believed the air soft gun was the same weapon pointed at the girl, police said.

The boy faces "multiple weapons offences, as well as several breaches of court orders," a police news release said. He'll appear in court at a later date. METRO

ELECTORAL SYSTEM

Monsef on quest to improve democracy

Democratic Institutions Minister Maryam Monsef concedes Canada's first-past-the-post electoral system has its advantages.

And, whatever its flaws, she acknowledges it would be welcomed in fledgling democracies like Afghanistan, from whence she fled as a youngster.

But a mature democracy like Canada can do better, she says.

Monsef has been put in charge of delivering on Prime Minister Justin Trudeau's pledge to make last fall's federal election the last conducted under FPTP.

The objective, she says, is to engage voters, improve turnout during elections and make all Canadians feel like their votes count.

That means "a stronger democratic system that allows for a higher voter turnout, that engages the voices of those who at the moment feel like they're ignored, those who feel like their issues don't matter and that their hopes and aspirations don't count," Monsef said in an interview.

"We have an opportunity, with this government as we approach the 150th anniversary, to strengthen and modernize our democratic institutions and bring them into the 21st century and that is the mandate that we



Minister of Democratic Institutions Maryam Monsef
THE CANADIAN PRESS

got from Canadians."

Monsef has used the mandate argument to deflect Conservative demands for a Canada-wide referendum on whatever electoral reform is eventually recommended by a soon-to-be-constituted, special all-party committee.

In the interview, she continued to throw cold water on the referendum idea, but didn't absolutely rule it out.

"We need to consider different ways of voting, yes, but we also need to consider online voting, we also need to consider mandatory voting. There are some who suggest that we need to consider the voting age."

THE CANADIAN PRESS

IN BRIEF

Rooftop rebels warned

Toronto Police Const. David Hopkinson has arrested his fair share of rooftopers, a nickname for the daredevil photographers who climb atop skyscrapers to snap vertigo-inducing pictures of the world below. He expects it's just a matter of time before one of them in Canada dies. Last year, at least two deaths were linked to rooftoping.

THE CANADIAN PRESS

Candidate's name in lights

A Feb. 11 Ontario byelection is starting to resemble a comedy skit. One candidate legally changed his name to Above Znoneofthe so he appears last on the Whitby-Oshawa ballot, inviting voters to literally pick "none of the above" in name and concept. But another candidate, directly above him on the ballot, is the leader of a party called "None of the Above."

THE CANADIAN PRESS



Jian Ghomeshi leaves a Toronto courthouse after the first day of his trial on Monday. FRANK GUNN/THE CANADIAN PRESS

Attacks were 'almost like rage': Testimony

GHOMESHI'S TRIAL

Witness says accused rapidly changed from sweet to violent

The sex assault trial of former CBC Radio host Jian Ghomeshi began this morning with testimony from a woman who described his demeanour changing rapidly from sweet and humble to "almost like rage."

The woman, whose name is subject to a publication ban, told the court that her initial impression of Ghomeshi was that of a perfect gentleman who drove a car straight out

of a Disney movie.

So when he first yanked her hair back hard for two or three seconds as they sat kissing in his car after a taping of his CBC TV show in 2002, she was stunned and began to minimize what happened. "Maybe he doesn't know his own strength," she said she thought.

She said she noticed him switch from nice to what felt "almost like rage that wasn't there the seconds before he did it." After he pulled her hair, she said, he said something like, "do you like it like that" or "do you like this?"

She did not, she told the court.

But he switched back to charming and she agreed to



I'm terrified; I don't know why he is doing this. I don't know if he is going to stop.

Testimony from a complainant

come to another taping the next month, this time with a friend, she said.

She ended up going back to his place, she said. As they stood kissing, he suddenly grabbed her hair again, she testified — "really hard, harder than first time he did it."

Then he punched her in the head multiple times with what felt like a closed fist, she testified.

"I'm terrified; I don't know why he is doing this," she said. "I don't know if he is going

to stop. Can I take this pain?"

As she was crying, Ghomeshi said she should leave and called her a cab, she said. He did not ask if she was OK, she said.

Ghomeshi is charged with four counts of sexual assault and one of overcome resistance — choking.

He has pleaded not guilty to all charges.

The judge-alone trial continues at Old City Hall before Justice William B. Horkins.

TORSTAR NEWS SERVICE

FOOD

Timmies eyes cage-free eggs

The parent company of Tim Hortons and Burger King announced Monday it is committed to serving cage-free eggs in Canada, the United States and Mexico by 2025.

Restaurant Brands International joins a growing list of restaurants that have promised to dish up eggs only from hens that have not been confined to cages, as pressure ramps up from customers for ethically-sourced food.

"Canadians and consumers around the world aren't OK with hens being crammed

into tiny cages for their entire lives," said Sayara Thurston, campaign manager with the Canadian wing of Humane Society International, which has worked with dozens of brands to help them create similar goals.

Denny's, for example, has promised its U.S. restaurants will serve only cage-free eggs by 2026. McDonald's has committed to doing the same at its Canadian and American locations by 2025, and Starbucks plans to meet that goal by 2020.

THE CANADIAN PRESS



A hen in a Canadian cage-free barn. WORLD ANIMAL PROTECTION/TORSTAR NEWS SERVICE

IN BRIEF

Corus launching live events division

Corus Entertainment says it's expanding in the live events business, starting with a two-day country music in Kitchener, Ont., in July that's associated with its CMT specialty TV channel. The company says future Corus Live events will be built around its brands for kids, families and women. Brands include Canadian versions of CMT, Cartoon Network and Disney Channel. THE CANADIAN PRESS

MARKETS

Nervous investors hoarding \$75B cash

Canadians are holding a record \$75 billion in extra cash and continue to sock away money at a rate not seen in more than four years, according to a new report from CIBC World Markets.

Normally that extra money would be invested in equities, but the study found that nervousness over volatility in the markets has many Canadians reluctant to take the plunge.

According to the study, excess cash reserves held by Can-

adians have risen notably since the 2008 financial crisis. In the past year alone, cash positions are estimated to have risen more than 11 per cent — the fastest pace since early 2012.

The report finds that all Canadians, young and old alike, are making cash a bigger part of their portfolios.

"But, strikingly, those under 35 ... are holding twice as much cash as those over the age of 65," CIBC said.

THE CANADIAN PRESS



Chinese artist-activist Ai Weiwei has recreated the famous image of three-year-old Syrian Alan Kurdi who drowned in Turkey last year by staging a photo of himself face down on a beach in Greece. ROHIT CHAWLA/INDIA TODAY VIA THE ASSOCIATED PRESS

Artist sparks controversy with photo

REFUGEE CRISIS

Chinese activist faces backlash over recreation of Kurdi image

The pose is hauntingly familiar — face down, arms extended, lifeless.

Chinese artist and activist Ai Weiwei has recreated the image of drowned Syrian toddler Alan Kurdi, who put a face to the Syrian refugee crisis when his body washed ashore in Greece last year.

Taken on a pebbled beach on the Greek island of Lesbos last week, Ai's photo is "a tribute" to Kurdi.

"Ai Weiwei believes that artists don't have to be more political, they just have to be more human," said India Today, which took the image as part of the magazine's Art Awards 2016 International Spotlight.

Photographer Rohit Chawla snapped the photo of the artist in Lesbos, where Ai is working on a memorial to the refugees "in order to highlight their plight and spread the message of peace, brotherhood and trust."

Like much of Ai's work, the image garnered mixed reactions. Some lauded it as "power-



Ai Weiwei TORSTAR NEWS SERVICE

ful" and thanked the artist for "keeping alive the memory of Alan Kurdi."

Others said it was "a horribly inappropriate banal publicity stunt."

"This bothers me. Real images of dead children aren't powerful enough?" asked Washington Post Magazine editor Elizabeth Chang.

Kurdi drowned alongside his brother and mother last September while the family attempted to make the dangerous Mediterranean crossing to Greece.

The image of Kurdi's lifeless body caused shock and grief among people around the world and pushed governments to address the plight of the refugees.

Ai has been posting images and videos online of many refugees arriving in Lesbos, including one in which he is holding up a sign that reads: "Safe Passage." TORSTAR NEWS SERVICE

HEALTH

Zika, outbreak of birth defects a threat: WHO

An outbreak of birth defects and neurologic disorders linked to the Zika virus meets the criteria for a global health emergency, the World Health Organization said Monday.

WHO director-general Dr. Margaret Chan made the declaration following an emergency committee meeting held earlier in the day.

This is only the fourth time since 2009 that the UN health agency has declared a "public health emergency of inter-

national concern" under the International Health Regulations, with previous declarations made for H1N1, polio and Ebola.

"After a review of the evidence, the committee advised that the clusters of microcephaly and other neurological complications constitute an extraordinary event and a public health threat to other parts of the world," said Chan, who ac-



Aedes aegypti mosquito
MARVIN RECINOS/
GETTY IMAGES

cepted an expert panel's recommendations.

"In their view, a coordinated international response is needed to minimize the threat in affected countries and reduce the risk of further international spread."

Dr. David Heymann, the chair of the committee, clarified that the emergency is not being called over Zika specifically but the cluster of neurologic disorders

currently being linked to the virus, which lacks a vaccine or effective treatment.

The virus is spread by a day-biting mosquito called the *Aedes aegypti*, which can be found throughout the Americas except Canada and continental Chile.

The WHO said that between three and four million people could be infected over the next 12 months, though this is a rough estimate based on data from past outbreaks of dengue, a virus related to Zika. TORSTAR NEWS SERVICE



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NOVA SCOTIA

IN BRIEF

UN declares official start of Syria talks

The UN special envoy for Syria announced the official start of peace talks Monday between the Syrian government and opposition leaders, hoping to keep a wobbly process alive and compel world powers to do more to bring about a ceasefire. THE ASSOCIATED PRESS

Pope, ISIL victims advocate among Nobel candidates

Pope Francis, the Afghan women's cycling team and a woman who champions the rights of people raped by the Islamic State of Iraq and the Levant are among the candidates for the 2016 Nobel Peace Prize as the nomination window closed Monday. THE ASSOCIATED PRESS



EMMA TEITEL: ON HAPPINESS HOKUM

Provided that you know what it is, how do you gauge its presence? Is it measured best moment by moment, in individual bursts of elation or slowly, over a long period?



The Angus Reid Institute on Monday released the results of a survey quantifying Canadian happiness. The verdict? Of the roughly 1500 Canadian adults surveyed online in December, 16 per cent said they were “very happy,” 18 per cent said they were “not too happy,” and the majority — 63 per cent — said they were “pretty happy.”

The prevailing result — “pretty happy” — is so Canadian it hurts; it glorified “I guess so,” it suggests that most of us are either too modest to profess our happiness outright, or too polite to despair.

But the result, in true Canadian fashion, is also inherently sensible. It reveals a reluctance to measure in absolute terms a feeling that is forever hard to put your finger on. For starters, what is happiness, anyway? And provided that you know what it is, how do you gauge its presence?

Is it measured best moment by moment, in individual bursts of elation, or slowly, over a long period of time? If you're miserable in January but February is looking up (though it rarely is), are you officially happy, or is your new mood merely a sunny blip in an otherwise blue existence?

Happiness indexes are an increasingly popular way by which experts measure a nation's success.

Yet, despite the numerous challenges involved in measuring happiness we do it all the time. And we do it in droves.

Canadians aren't the only happy — or “pretty happy” — citizens on the planet. According to an-

popular way by which experts measure a nation's success (as opposed to, say, looking at its GDP), but this method is inherently flawed. Why?

Mark D. White, chair of philosophy at City University of New York (in

sum: different strokes.

But there's a far greater danger (beyond imprecise definition) in humanity's apparent obsession with the Happiness Olympics — the danger of complacency. Happiness surveys, says White, may make “people in First World countries less sympathetic to people who actually need help.”

For example, someone might conclude after hearing that Libya is a generally happy nation (perhaps even as happy as Canada) that the country doesn't require or deserve aid; that an admission of happiness by a country's population decreases the perceived severity of the country's problems. This danger doesn't merely apply to nations facing mass poverty or political unrest, but to nations like our own.

We know that depression is under-reported in Canada — and that suicide may be as well — so what is the purpose of a survey model that suggests to the wider world that things are looking up when in fact they aren't? The answer is simple: There is none.

Happiness surveys with positive results make for fun, fluffy stories that boost civic pride. But they also foster a culture of complacency and self-deception, in which we ignore our problems and pat ourselves on the back for no good reason. And that is pretty sad.

Emma Teitel is an award-winning national affairs columnist with the Toronto Star who writes about anything and everything. She got her start at Maclean's Magazine where she wrote frequently about women's issues, LGBT rights, and popular culture.



THE PICTURE OF HAPPINESS? Surveys showing high rates of happiness in developing countries such as Libya (above), give Westerners a pass to ignore the world's problems, Emma Teitel writes. KARIM MOSTAFA /ISTOCK

other recent study, by polling association WIN/Gallup International, Saudi Arabia is the third happiest nation in the world. And Libya — according to yet another happiness index — is the happiest country in Africa.

The list goes on and on. Happiness surveys and their suspiciously positive results are now more pervasive in the international news cycle than personality quizzes in Cosmopolitan. But there may be some very unpleasant consequences to the abundance of these surveys circulating the globe — namely that policy analysts are beginning to take seriously survey results that are vague and possibly dubious.

For example, happiness indexes are an increasingly

ROSEMARY WESTWOOD

metroview

Day 1 of Ghomeshi trial: Wobbly witness memories vs. piranha

She's not called a “piranha” for nothing.

Marie Henein, the lawyer defending Jian Ghomeshi against four charges of sexual assault and one of choking, dominated the Toronto courtroom where his trial began on Monday.

We're used to hearing sexual assault cases dubbed “he said/she said.” But this was “she said/she said.” Henein calmly dissected away at the witness's statements made in media interviews, police interviews and emails over a year ago, and pecked, pecked, pecked at details until the cracks in memory and discrepancies with Monday's testimony showed.

It was lawyerly excellence, and exactly what keeps sexual assault victims off the stand.

There was the matter of whether the witness was wearing hair extensions in 2002 (an issue that took 15 minutes to sort out), and whether it was she or Ghomeshi who was “smitten” (her friend had given testimony that the witness was the keen one).

There was whether he bashed her head into the car window, or whether she and Ghomeshi were kissing when he pulled her hair the first time, a detail that appeared in her testimony Monday, but not in interviews with the media.

How could the witness re-

member Ghomeshi's yellow Volkswagen bug so vividly, Henein wondered, since Ghomeshi had not owned it at the time? And why had the witness agreed with police in 2014 that Ghomeshi yanked her head back against the car seat, if it was actually, as she testified Monday, back towards the car window?

“Where do you say, ‘No, no, no, you've got it wrong.’ Where is that?” Henein asked about the police transcript.

At the breaks, reporters gathered in the hallways to marvel at Henein's performance. One quipped she'd want Henein as her lawyer if she ever choked her husband. In Henein's hands, a straightforward account of events lost its way. It's hard to imagine a story that wouldn't.

But memory doesn't walk a single line. It's easy to believe that someone recalled details of an event at different times, as the witness said. And yet, a trial isn't about whether someone is believed, it's whether they're believed enough.

What matters is this: Will the witness's jumbled memories be enough to convince the judge there is reasonable doubt that the alleged assaults actually took place?

Against this standard, Day 1 feels like a decided win for Henein, and perhaps a warning against any sexual assault victim who would take the stand and face her.

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Yoga bent into shape

Is there a right or wrong way to practise yoga? It pops up a lot in headlines — beer yoga; bunny yoga; rage yoga; concerns about cultural appropriation of yoga at the University of Ottawa's Centre for Students with Disabilities. Metro talked to five instructors across Canada about how they got into yoga, what their practice means to them, and how they feel about teaching an Eastern tradition. Responses have been condensed. **EMINA GAMULIN/METRO CANADA**



COURTESY HOLISTIC FAMILY TRAVELS

Jolene D'entremont, owner Yoga ON, Halifax

The first access I had to yoga was a black and white book called The 28 Days of Yoga. Back in the day, access to yoga, especially in Halifax, was limited. I got pregnant and afterwards experienced quite a bit of postpartum depression and found an Ashtanga class that I would go to once a week. I found that after the classes I would come out and feel like the whole world had opened up.

I now do goalie camps for elite goalies who are going to the NHL. More people practising some sort of mindfulness practice can only be good.

Roslyn Sutherland, Serene Yoga Studio, Winnipeg

In my late 20s, early 30s, I had several surgeries and a couple of car accidents. I needed a way to get healthy. So I went back to yoga and I've been doing it ever since. That puts me close to 30 years of self-practice. Yoga speaks to the physical body, it speaks to the mind. It's given me tools so I can cope with my monkey mind. It's helped me emotionally when I'm feeling out of sorts or down. It might sound a little melodramatic, but it's almost been a lifesaver for me.

Coming from a people that have had this sort of thing (cultural appropriation) happen to them as I understand it — if you as an individual or organization enjoy something from a specific culture, and that culture is not your culture, I just believe you should pay homage to that culture.



COURTESY ROSLYN SUTHERLAND

Katrina Prescott, Kundalini yoga teacher, Vancouver

I didn't like yoga, I couldn't stand it. I was born and raised in Vancouver but I lived in New York at the time when the yoga craze started. It seemed like rich, white, thin, model women were doing it and it wasn't for me. I guess about three years ago I was going through a kind-of crisis. My friend who had been trying to get me to go to Kundalini yoga for a long time was like 'Let's just go.'

It is very challenging sometimes to go to a yoga studio and have a teacher that doesn't seem to be very conscious, for a lack of a better term. However, I am now shifted in the thinking that in yoga, if you're tuning into your own self, your own body, being in the moment, even for one moment ... We need that on this planet. Desperately.



JENNIFER GAUTHIER/FOR METRO



COURTESY BOBBY SINGH @FOHPHOTO

Suzanne Gracan, owner FitZonePLUS, Toronto

I was an athlete and I climbed mountains for fun, that was a weekend for me. In 2001 I had a fall; it was nothing related to sports whatsoever, and I couldn't walk for two years. It took me eight years to rehabilitate completely. During that time I went from being a very, very athletic, let's say size 10, to 365 pounds at my largest. I decided to try yoga again. Nobody was outright rude but there was just a sense of 'Oh my God, what am I going to do with this person?'

Sixty per cent of my clients are plus sized, 40 per cent are just average-type people. So when you're in a class you don't have to worry about, 'Is my fat roll hanging out? Am I wearing the right clothes?' (Yoga) is different things to different people, but because of this image of what it is — and it's an image of inaccessibility — most people will never try it.

Gourav Verma, co-owner Gyan Yoga, Toronto

I was in the school yoga team (in New Delhi) and we entered a few yoga competitions and I won a few of them. This yoga was mainly based on yoga poses, let's call it a kind of exercise. I wanted to learn more, and luckily the mountains were pretty close. So I went over there and I learned it there, the spiritual part of it. It doesn't come just right away, it takes some time.

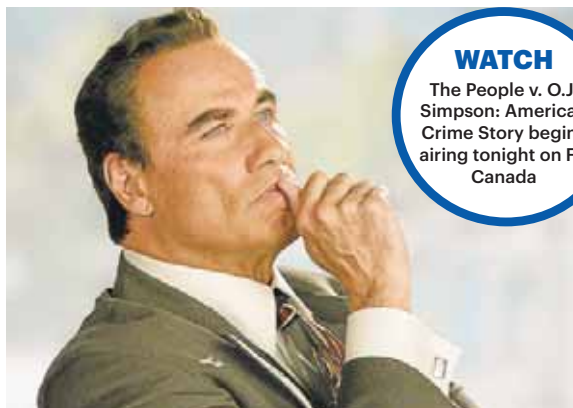
The Hindu religion and yoga, you can keep them separate. Nowhere in yoga books does it say only Indian people are entitled to teach this thing. Anyone who learns even just the physical aspect of it can teach it, why not? It's an amazing thing. People love it. But if they don't understand the spiritual knowledge, at least don't spread the false knowledge. I don't think they're stealing anything, but I don't know, maybe in a hundred years — everything changes — that would be too much (laughs).



COURTESY GYAN YOGA

REMEMBERING THE O.J. TRIAL

O.J. Simpson's trial for the murder of Nicole Brown Simpson and Ronald Lyle Goldman stretched from November 1994 to October 1995 and has been described as the most publicized trial in American history. What were the stars of *The People v. O.J. Simpson* doing at the time? TORSTAR NEWS SERVICE



WATCH

The People v. O.J. Simpson: American Crime Story begins airing tonight on FX Canada

1 John Travolta (Robert Shapiro)

"I was in the middle of a Pulp Fiction resurrection," says Travolta, who plays Simpson's defence lawyer. "I had a new career. I was happy." Pulp Fiction had just won the Palme d'Or at the Cannes Film Festival as the trial began. Travolta's father, who was a football coach, was obsessed with the case. "So I had my dad at the sofa watching every second of it, from the car chase on."



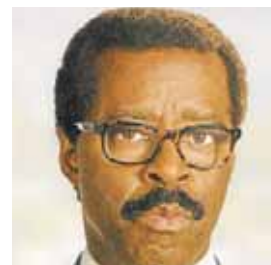
2 Cuba Gooding Jr. (O.J. Simpson)

Gooding was shooting *As Good as It Gets* with Jack Nicholson, but he was about to achieve fame for shouting "Show me the money!" as an NFL football player in Cameron Crowe's *Jerry Maguire*.



3 Sarah Paulson (Marcia Clark)

Paulson had just landed her first regular TV gig — as a ghost — on the horror series *American Gothic*. "I was 19, I think. I was at my friend's house in Brooklyn. We were watching some other show and this damn Bronco thing — we knew O.J. from the *Naked Gun* movies."



4 Courtney B. Vance (Johnnie Cochran)

Vance was in Toronto shooting the TV movie *The Boys Next Door* with Scandal star Tony Goldwyn when the verdict came down. "I cheered," Vance told a reporter. Goldwyn screamed "No!" Their reactions, split across racial lines, were happening in homes and offices across North America.



5 David Schwimmer (Robert Kardashian)

"I was living in L.A., so I was very aware of the tension here," says Schwimmer, whose run on *Friends* began just as the O.J. trial got underway. "You could feel it. It was palpable in the city. And then this crazy thing of a career break of a lifetime happened."

JOHANNA SCHNELLER WHAT I'M WATCHING

Award shows need to have reaction shots of the audience

THE SHOW: Screen Actors Guild Awards (Global)

THE MOMENT: The Reaction Shots

Amy Poehler and Tina Fey give a heartfelt introduction to lifetime achievement honoree Carol Burnett, which includes Fey's line,

"Carol was the boss. We realized we could get paid to make comedy with our friends — and also be their boss."

Then Burnett describes how CBS honchos tried to talk her out of doing her landmark *Carol Burnett Show*. "All the comedy/variety shows are hosted by men,"

Burnett quotes them. "It's really not for a gal. Comedy/variety is a man's game."

She shakes her head no. The audience applauds. Or at least, I'm pretty sure they applaud.

Throughout these speeches, it sounds like the crowd is rooting for and relating to what Fey,

Poehler and Burnett are saying.

But we at home have to imagine that, because the director doesn't cut to any reaction shots.

To me, reaction shots are the best part of an awards show: watching people who are paid to have calculated reactions, have uncalculated ones. Without

them, the speeches feel airless.

Yeah, some of them are gaffes. But I'm not talking about those. I'm talking about the moments of connection (which are rare, but can happen).

We watch films and TV shows because we're interested in seeing how other people experience

being alive. We watch awards shows to further humanize the people who do that for us.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Breaks are critical to managing stress

Spring break is fast approaching. For some students, that means an opportunity to hit the books and get caught up; for others it means heading south and blowing off steam. How a student chooses to make the most of the break is a very individual experience, but schools are there to help, says Debbie Bruckner, senior director of Student Wellness at the University of Calgary.

"Taking periodic breaks and maintaining one's energy is critical in the long term in completing one's degree," Bruckner says. "Each student handles stress in their own way. The University of Calgary is committed to providing information and strategies to help students manage stress by understanding it, focusing on wellness and self-care and changing behaviour."

"A major component to managing stress is building community and promoting students to engage with each other, their professors and student services."

Bruckner said there are a number of factors that add to the stress that today's student faces.

"The world has changed substantially over the last 10 to 20 years. Of course, every generation of students experience changes. Our current generation is facing a number of significant challenges," she says, listing increased competition to enter post-secondary studies and the job market, technological challenges including the distraction it presents and, in some cases, addiction, as well as financial demands. There is also an increased awareness about, and willingness to discuss, mental health issues, she said.

And while there may be no right or wrong way to approach spring break, Bruckner says that there are resources available for students to find a solution that works for them.

"There is no way to know how students use their reading week. Reading week is a chance to recharge and reset and that may well mean a combination of activities," she says. "Take an active role in maintaining your own health and wellbeing — ask for help and don't hesitate to use university resources."



ISTOCK

The resources to help you finish your degree

A lot can change in a person's life over two or even four years — therefore sometimes making it difficult to complete educational goals set out years before.

For those students having a hard time finishing their degrees — no matter what the reason — Saint Mary's University can help.

"For those struggling to finish their degree, we offer academic advising to help students figure out exactly what courses they need to take in order to graduate on time, or graduate with the majors and minors of their choice," says Connor MacPhee, liaison and admissions officer for SMU.

"We also offer tutoring workshops through services such as our Writing Centre available for all students, regardless of their year of study and finally, our professors have open door policies and mandatory office hours, allowing students to touch base with them outside of the classroom should they be struggling with their studies."

SMU also makes it easy for students to get their degree through flexible start dates (September, January, May and July intakes), online options allowing students to take classes from the comfort of their own home, and small class sizes allowing students to get more time one on one with their professors and a better opportunity



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to meet their peers.

SMU also makes it easy for students of other Canadian universities to transfer over to the school.

Students interested in learning more about transferring to SMU can email info@smu.ca.

For information, visit smu.ca.

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Hot jobs in the legal industry

Client demands, economic necessity and explosive growth have made paralegals a popular career choice.

"Since hourly rates charged by attorneys are typically double or triple the rates of paralegals for the same task, law firms are using more paralegals to manage their costs," says Janice Currie, director, Maritime Business College.

"As a result, a paralegal career is one of the hottest non-lawyer jobs in the legal industry."

The paralegal diploma program at MBC teaches a combination of administrative skills with specific paralegal training.

Students are trained in Internet and core computing, and study day-to-day administrative skills like advanced keyboarding and business communications. Study of the law and legal processes includes an introduction to the Canadian court system, including elements of corporate law, family law, real estate, criminal law, and litigation.

"In addition to the core skills that are relevant to their program, students are taught the



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essential skills of how to market themselves, and how to succeed in the workplace. MBC also offers extensive career services to assist students with their job search," says Currie.

This program is taught by Bobbi Cox, an active commissioner of the Supreme Court of Nova Scotia, who has held positions at various law firms in British Columbia and Nova Scotia, including time as a paralegal to one of Halifax's most prominent litigation lawyers. This program was designed so that students can complete their diploma in 13 months. For more information, visit maritimebusinesscollege.ca.

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Health care is a growing industry, creating many specialized jobs for future graduates with the right skill sets.

At Success College, one of the core strengths is preparing students for a dynamic and creative career in medical and dental office administration.

"Graduates of this program enter the professional world with confidence, knowing they have the general business and practical medical assisting training they need to pursue a wide variety of career opportunities," says Janice Currie, director, Success College.

Professional medical/dental administration professionals may find work in a variety of interesting health-care environments, including physicians' or general practitioners' offices, hospitals, physiotherapist offices, specialist's offices, dental offices, and dental labs.

Plus, as a successful graduate of this program, students will have the business administration skills to confidently assist executives in a wide variety of general office environments.

Students are trained in the use of computers in an office, key medical terminology, office procedures, and medical office software for



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both medical and dental clinics.

Success College's program is unique preparing students for both medical and dental clinics. Since 1893, Success College has been training graduates to excel in their chosen profession through hands-on, practical experience.

"With over 100 years of experience behind us, we're confident that our model of career education has evolved to offer the optimal combination of classroom instruction, practical hands-on learning and on-the-job experience," says Currie.

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Hit the ground running as an esthetician

Esthetics is a thriving industry in Atlantic Canada, with many new career options opening up for educated, licensed estheticians. HDC (Hair Design Centre) — the Maritimes' premiere hair and makeup school for more than 40 years — is now offering an esthetics program that fully equips graduates with everything they need to hit the ground running as professional estheticians.

Owned by Salon Resource Group, the largest single employer of beauty professionals in Atlantic Canada, HDC's programs have a job placement rate of 98.5 per cent within 30 days of graduation. With more than 450 associates throughout Nova Scotia and New Brunswick, SRG encompasses more than 20 salons operating under four diverse brands: Vitality Medi Spa, HS Studio Salonspa, the Head Shoppe, and the HDC Hair & Esthetics.

HDC's esthetics program first equips students in the classroom with the latest skills and techniques. They then gain hands-on experience at HDC's full-service Salon Spa



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— refining their skills in facial services, hair removal, makeup techniques, nail enhancements, and more.

The next intake for the esthetics program is April 27. Applicants must be age 17 and up with a high school diploma, GED or grade 12 equivalency. To apply online, visit hairdesigncentre.com/school/esthetics-program or call (902) 455-0535.

HDC also offers a full-time hair program and a part-time makeup program.

Located at 278 Lacewood Dr. in Halifax, HDC's salon is open to clients Mondays 9:30 a.m. to 5 p.m., Tuesday-Friday 9:30 a.m. to 9 p.m., and Saturdays 9:30 a.m. to 5 p.m.

Aging population creating a growing career sector

The continuing care sector is one of the fastest growing fields of health care.

Contributing to this growth is the significant aging of the population and the systematic shift towards delivering more health-care services to individuals in their homes or nursing homes.

"The objective of the continuing care assistant program at daVinci College is to prepare students to deliver appropriate short- or long-term care assistance and support services," says Janice Currie, director, daVinci College.

"Through the use of classroom, laboratory, and supervised field placements in licensed nursing homes, the program will educate and equip graduates with the necessary tools and skills to deliver appropriate, timely, and respectful client-focused care to the elderly, persons with disabilities, or those recovering from illnesses or injuries and their families."

Students complete key on-the-job placements in both home care and long-term care facilities. "Many of our students secure employment before they graduate," says Currie.

"Our school partners with local businesses to host career fairs, networking, and con-



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necting students to our alumni so there are many opportunities for students to pursue."

The CCA program is a provincial standard program required as an entry-to-practice standard for designated care settings under the jurisdiction of the Department of Health.

Upon completion of the CCA program, students will write a provincial certification exam to receive the CCA designation. To learn more about the CCA program at daVinci College, visit davincicollege.org.



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The Carolina Panthers will hang on for a 24-20 win over the Denver Broncos, according to EA's Madden NFL 16 Super Bowl prediction

IN BRIEF

Broncos give the all-good after bus in fender bender

The Denver Broncos' bus was involved in a minor accident following their practice at Stanford Stadium in Santa Clara, Calif., on Monday.

Team spokesman Patrick Smyth said nobody was injured.

THE ASSOCIATED PRESS

McDavid set for return against Blue Jackets

Connor McDavid's broken clavicle is healed and his fractured rookie season resumes Tuesday night against the Columbus Blue Jackets.

"He is ready to go," Oilers head coach Todd McLellan announced Monday after McDavid skated in practice, centring a line between Jordan Eberle and Benoit Pouliot.

THE CANADIAN PRESS

Scott player of the week after all-star breakout

John Scott has been named the NHL first star of the week, the latest piece of recognition for his improbable transformation from journeyman tough guy to all-star sniper.

Scott, known primarily for being one of the last enforcers in a league where fighting is in decline, scored two goals on Sunday to lead the Pacific Division to victory at the 3-on-3 all-star tournament in Nashville.

THE CANADIAN PRESS

Memories of a Moosehead: Weegar pays Herd a visit

HOCKEY

Memorial Cup champion returns to Halifax a pro



Kristen Lipscombe
Metro | Halifax

There's something special about walking into the Scotiabank Centre for MacKenzie Weegar.

After all, it was on that very ice that the determined defence-man hoisted the President Cup

alongside his Halifax Mooseheads teammates less than three years ago.

"When we won the President Cup here, and we went to Saskatoon and won the Memorial Cup, (those were) the biggest and most memorable experiences here for me," Weegar said Sunday evening at rink level.

"I wanted to catch this game today, and see some old friends," the 22-year-old from Nepean, Ont., said after watching his former team

MacKenzie Weegar during his Mooseheads days.

JEFF HARPER/METRO FILE

lose 4-2 to the Cape Breton Screaming Eagles.

Weegar was in his first of two seasons with the Mooseheads when they claimed their first-ever QMJHL championship. They went on to win the 2013 Memorial Cup, the CHL championship title.

During those Herd years, Weegar tallied 103 points on 20 goals and 83 assists in 123 games.

The five-foot-11, 207-pound blue-liner was scooped up by the Florida Panthers in the seventh round of the 2013 NHL draft. He split last season with the AHL's San Antonio Rampage and ECHL's Cincinnati Cyclones, and this season Weegar is with the Panthers' AHL affiliate, the Portland Pirates.

"I started the season off well, (but) had a little bit of a slump midway through,"

Weegar said. "I've kind of picked my game up, just before all-star break."

That in-

cludes a recent goal against goal-

tender Zach Fucale of the St. John's IceCaps; a former Moose-

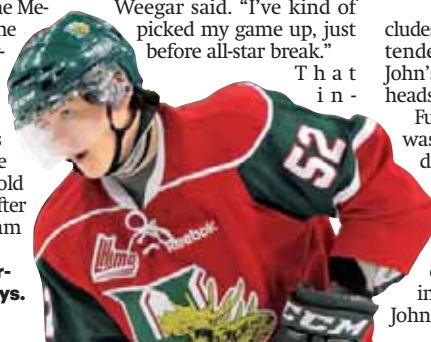
heads teammate of his.

Fucale, 20, of Rosemere, Que., was picked up by the Canadiens in the second round of that same NHL draft.

"It's good, always, to score on Fucsie," Weegar said with a chuckle in reference to his contribution in Portland's 4-1 win over St. John's on Jan. 27.



MacKenzie Weegar has five goals and 11 assists in 35 games so far this season with the AHL's Portland Pirates. MIKE MCSWENEY/PORTLAND PIRATES



cluding that goal, Weegar has notched five and added 11 assists for 16 points in 35 games with the Pirates, who sit third in the AHL's Atlantic Division.

"I'm happy with my game right now," he said. "I've just got to keep it going."

Weegar stopped by the Mooseheads' office and chatted with the current squad after Sunday's loss.

"I've got a couple good buddies still here, and the same coach,

so it's great to ... see everyone," Weegar said.

Weegar came to Halifax by way of a trade with the Rouyn-Noranda Huskies, who had selected him first overall in the 2012 OHL Waiver Draft. He landed with "a great team" playing alongside the likes of Jonathan Drouin and Nathan MacKinnon.

"I love the city, I love the fans," he said.

"I have some good memories here, so that's why I came here."

2015
BETWEEN: SUPREME COURT OF NOVA SCOTIA
CREDIT UNION ATLANTIC LIMITED
- and -
KIMBERLEY ANN THOMAS and TYRONE DAVID THOMAS
PLAINTIFF
DEFENDANTS
Hfx No. 442762

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: All that piece of parcel of land situate lying and being known as 21 Meldrum Lane, Porters Lake, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Kimberley Ann Thomas and Credit Union Atlantic Limited, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 89361126. The subject property has been migrated to the Land Registry System and is known as PID No. 40248718.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: February 25, 2016.
Time of Sale: 9:00 a.m., local time.
Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 1S7
Terms: Ten per cent (10%) deposit payable by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

SIGNED at Halifax, Nova Scotia on January 27, 2016.

Richard Bureau
MORRIS BUREAU
Solicitor for the Plaintiff
307-6080 Young Street
Halifax, NS B3K 5L2

I, Andrew Rankin, Barrister
Burchells LLP

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Selena Gomez Hands To Myself
- 5 Belly ft The Weeknd Might Not
- 4 Justin Bieber Love Yourself
- 3 Travis Scott Antidote
- 2 The Chainsmokers ft Rozes Roses
- 1 Twenty One Pilots Stressed Out

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RECIPE Chili Mac



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish combines two comforting classics — mac and cheese and chili — to make one great, satisfying dish. All the melted cheese on top doesn't hurt either.

Ready in

Prep time: 10 minutes
Total time: 40 minutes

Serves 4

Ingredients

- 1 lb ground beef
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 red, yellow or orange pepper, chopped
- 2 Tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 28-oz can of tomatoes
- 19-oz can of kidney beans
- 1 cup whole wheat macaroni

- 1 cup or so of grated cheddar cheese

Directions

1. In a large pot or Dutch oven, brown your meat. Drain excess fat from the pot. Add onions, garlic and peppers and stir. Sauté until the vegetables begin to soften. Add spices, salt and pepper and stir. Let spices cook for a couple of minutes.
2. Drain the beans and add them to the pot. Do not drain the tomatoes; you'll want to use the juice. With the back of a wooden spoon, break up the tomatoes. Now stir in the dried pasta. Bring the pot to a simmer and let everything bubble away for about 15 minutes. Taste to check the seasoning.
3. Serve each bowl with a generous handful of grated cheese.

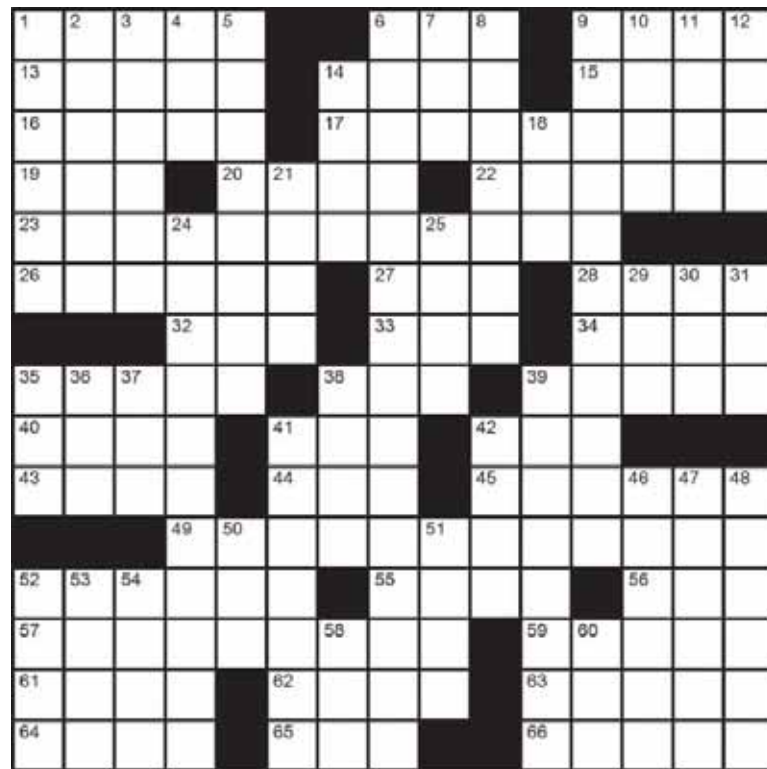
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Improperly carry out
6. Basilica bench
9. Cars member Mr. Ocasek's
13. Machu Picchu inhabitant
14. Intro-to-drawing class: wd. + Roman Numeral
15. "___ in the Life" by The Beatles
16. Bea Arthur character
17. Reasons for some helicopter rescue missions
19. NBA's Magic team, on scoreboards
20. Crease
22. Snappy reply
23. Auxiliary
26. Gain
27. Excessively
28. Parrot
32. 'Electron' suffix
33. Holiday ___
34. Present
35. Extra wheel
38. Band-Aid and Xerox, et al.
39. Drum kit part
40. Toronto CFL-er
41. Charge
42. School org.
43. Rover's greeting!
44. Tolkien creature
45. Fix the scarf
49. February 2nd: If the little critter sees his shadow on Groundhog Day, that means there will be how much extra of winter weather?: 3 wds.
52. "Sheesh!":



- 2 wds.
55. Spydom, ___ Hari
56. Stir-fry pan
57. Stanley Park city
59. Kindled again
61. ___ Dinesen (Pen name of Out of Africa writer Karen Blixen)
62. Plant stem

- bump
63. Journeys
64. Thieving flap-pers
65. Long river in Scotland
66. Give the go ahead: 2 wds.

DOWN

1. Champagne/orange juice drink
2. Stuck's three-word saying finisher
3. Create, like Michelangelo
4. Kirk, to Michael
5. Pie portion:

- 2 wds.
6. "Schitt's Creek" on CBC, as an example of one: 2 wds.
7. Wee outerspace inhabitants
8. Famous groundhog of Canada, ___ Willie
9. White-toothed crea-

- ture in "Groundhog" by Chilliwick
10. Prefix with 'logical'
11. Emily the Canadian painter
12. Method, for short
14. Mr. Sandler of ha-has
18. Baltic, for one
21. Poetic nightfalls
24. Menswear department purchase: 3 wds.
25. Negative responses, in French
29. Doubled dance
30. Vertical's opp.
31. Have payments
35. Carpentry tool
36. In favour
37. In times past
38. Condition
39. Jon and Rod
41. Controversial on-mounted-horse with hounds countryside adventure
42. Fashionably 'ready'
46. "What Kind of Fool Am I" by Anthony ___
47. Dixie Cups hit in 1965: 2 wds.
48. "How very, very naughty!"
50. Prefix with 'metric'
51. Uncommon
52. Roman love poet
53. ___ good time (Enjoys)
54. Chew at
58. U.S. gov. radio service
60. Historic time

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you allow negative thoughts to take over today then negative outcomes will follow. If, however, you make an effort to keep a positive mindset, things should turn out all right. Your mind creates your reality.

Taurus April 21 - May 21
If you're unhappy about something then speak up — but emphasize the positive. Don't get into the mindset of thinking the world is a bad place — it isn't, it's just your attitude.

Gemini May 22 - June 21
Just because someone calls themselves an "expert" does not mean you should accept what they say at face value. Check the facts for yourself and draw your own conclusions.

Cancer June 22 - July 23
There are times when your suspicions are well founded. The planets warn you are right to be doubtful. It's not a good time to commit yourself to anything you can't get out of later.

Leo July 24 - Aug. 23
If you jump to conclusions today you could find out later that you've leapt too far. The planets warn that what you think you see and what is actually there may be two entirely different things.

Virgo Aug. 24 - Sept. 23
Give your brain a rest. If you're typical of your sign your mind is always on the go; that's not always a good thing. Even a Virgo needs some down time. Make this a relaxed day.

Libra Sept. 24 - Oct. 23
It's unlikely that you'll be thinking clearly today and if you let your fears get the better of you it could have costly implications. If someone says you need to act fast or miss out altogether you should be suspicious.

Scorpio Oct. 24 - Nov. 22
No matter how formidable your rivals are you can still defeat them. While they are busy bragging about what they are going to do, you will be the one actually doing things.

Sagittarius Nov. 23 - Dec. 21
Keep your thoughts to yourself today. You may be bursting to tell the world what you know but there is a flaw in your understanding. If you speak too soon you could look silly.

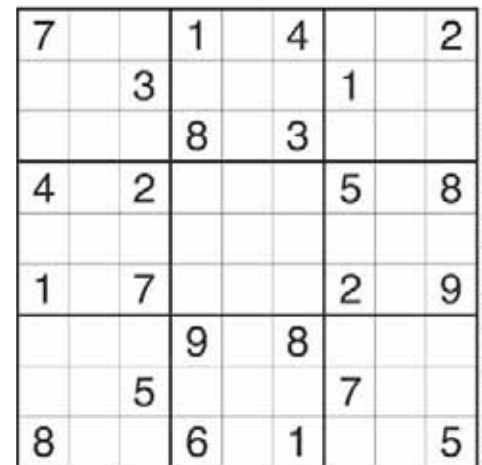
Capricorn Dec. 22 - Jan. 20
If friends and family give you advice today you should listen to it. If you don't you may regret it towards the end of the week. They are not trying to interfere — they are trying to help.

Aquarius Jan. 21 - Feb. 19
Don't expect everything to come easy to you on the work front today or tomorrow. Mars in the career area of your chart may make it look as if others are being obstructive but only because they see you as a threat.

Pisces Feb. 20 - March 20
If trying to figure it out gives you a headache then give up. You don't have to know it all, you don't have to be the best informed. Switch off your brain today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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